



Cyan Magenta Yellow Black

**Giving thanks***Gospel singers share story at prayer luncheon*

Page 11

Fort Riley Post

Team building*Transition team members work together at obstacle course*

Page 2



Thursday, March 1, 2007

Home of the Big Red One

Vol. 50, No. 9

Post, Army news briefly**FORSCOM IG to conduct visit**

The Forces Command Inspector General will be conducting a staff assistance visit at Fort Riley March 12-15.

An opportunity will be available for Soldiers, Department of the Army civilians and family members seeking assistance to present complaints and issues to the FORSCOM team.

FORSCOM Inspector General representatives will be available from 3:30 to 4:30 p.m. March 13 and from 11:30 a.m. to 1 p.m. March 14 at Kapaun Chapel, Building 7086 Normandy Drive.

For more information, call the Fort Riley Inspector General's office at 239-9314.

Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation March 2 offered by Army Community Service's relocation staff. Participants will learn fun facts, interesting information and what the Fort Riley area has to offer. Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2665@riley.army.mil to reserve a seat.

Tax Center offers services

The Fort Riley Tax Center will once again offer free income tax preparation to Soldiers, their family members, and retirees. The Tax Center will help prepare and e-file federal tax returns and will also assist in preparing state returns. Persons wishing to file should bring proof of identification including social security cards for all family members along with any tax forms and a copy of last year's return.

The Fort Riley Tax Center is located in building 7434B, directly across from the bowling alley on Custer Hill. Hours of operation are 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturday. Call 239-1040 for more information or an appointment.

Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13.

Stories planned for this week's show, which runs on WIBW TV March 3 and on the post's cable channel 2 March 5-11 are:

- 4th IBCT units uncase colors in Kuwait
- "Black Lions" take on K-State football players in a PT challenge
- Interview with BOSS President Sgt. Ajita Curry
- 19th PAD redeployment ceremony
- 4th IBCT Soldiers manifest

'Kodiaks' to head out for third tour

By Pfc. Francisca Vega
1st Inf. Div. PAO

Family, friends and community members turned out to show their support for the Soldiers of 70th Engineer Battalion, 3rd Brigade, 1st Armored Division during their deployment ceremony Feb. 23 at King Field House.

This will be the third time in

five years the "Kodiaks" have deployed to the Middle East.

Around 550 Kodiak Soldiers, mostly combat engineers, are scheduled to deploy to Afghanistan in March for a year-long tour, which they have been training for since May 2006.

The battalion deployed in 2003 for their first tour in support of Operation Iraqi Freedom. Upon

relieving a subordinate unit of the 3rd Infantry Division, the Kodiaks began rebuilding the infrastructure of northern Baghdad. The members of the battalion built schools, bridges, power stations and sewage systems, while also disposing of thousands of pounds of unexploded ordnance, munitions and explosives.

The Kodiaks earned the Valor-

ous Unit Award for their tour.

Called to duty again in 2005, the battalion deployed to Iraq where they served as a maneuver task force. During their tour they conducted combat operations, captured more than 300 insurgents and disposed of munitions.

After their second tour, the Kodiaks were nominated to receive the Meritorious Unit Cita-

tion, which is currently under review by the Department of the Army.

Despite obstacles such as limited time and changes in schedules and requirements, the Kodiaks have embodied the battalion's motto of valor and integrity, said Col. Norbert Jocz, commander,

See 'Kodiaks', Page 4

Cook off

Team to compete in Army-wide culinary competition

By Spc. Stephen Baack
1st Inf. Div. PAO

Army food service specialists know providing the force with nourishment takes precedence in their profession, but most realize the art of preparing appetizing, delicious food is a valuable skill.

A team from Fort Riley is putting that skill to the test.

Food service specialists from across post have come together to train for the U.S. Army's 32nd Annual Culinary Arts Competition at Fort Lee, Va., March 3 to 16.

Governed by the American Culinary Federation, teams of food service specialists will be judged on cooking technique, sanitation, presentation, timeliness, originality and creativity in both individual and team categories.

Each team member was selected from a pool of applicants after interviewing with team leader Staff Sgt. Ned Cary IV, food service specialist from Headquarters and Headquarters Company, 1st Infantry Division.

As team leader, Cary is using his experience in past competitions to make the Fort Riley team a viable contender.

"I've competed three different times," Cary said. "I pretty much just provide some guidance as far as what the judges more than likely are looking for during the competition."

"It's a real honor to be selected for a post-wide team," said Spc. Francisco Delgado, food service specialist from Company E, 2nd Battalion, 1st Aviation Regiment. "You get a real good chance to show off your talents besides just working in the dining facility."

"Everyone seems to be coming together as a team, working together," Delgado added. "Everybody is starting to learn their weaknesses and how to help each

See Culinary arts, Page 3



1st Inf. Div./Baack

Spc. Francisco Delgado, food service specialist from Co. E, 2nd Bn., 1st Avn. Regt., dips a shrimp in batter in preparation for both lunch service at the dining facility and for the U.S. Army's 32nd Annual Culinary Arts Competition at Fort Lee, Va., March 3 to 16.

'Bulldogs' commemorate anniversary, promote mascot

By Pfc. Andrea Merritt
1st Sust. Bde. PAO

The 3rd Brigade Combat Team charged into the weekend with a brigade run Feb. 15 to commemorate the eleventh anniversary of the unit's activation at Fort Riley. The unit was inactivated April 15, 1995 at Fort Lewis, Wash., and reactivated Feb. 16, 1996 at Fort Riley. The run was held the day before the actual date of the anniversary because Feb. 16 fell on a four-day weekend.

The "Bulldogs" also celebrated, with much enthusiasm, the promotion of one of their most



Brig. Gen. James Yarbrough, 1st Inf. Div. assistant division commander of operations pins Pvt. Gunner Chester, the 3rd BCT mascot to the rank of private first class after the brigade's run Feb. 15.

1st Sust. Bde./Merritt

DISCOM reflags during ceremony

By Pfc. Andrea Merritt
1st Sust. Bde. PAO

Fort Riley Soldiers gathered to witness the conversion of 1st Infantry Division's Division Support Command to the 1st Sustainment Brigade during a reorganization ceremony Feb. 15 at King Field House.

The ceremony began with an invocation, the arrival of the official party and the playing of the national anthem by the 1st Inf. Div. Band.

Afterward, Col. Kevin O'Connell and Command Sgt. Maj. Frank Cardoza, commander and command sergeant major of the 1st Sustainment Brigade,

uncased the new guidon and bid farewell to the old.

The unit's name, organizational structure and mission may have changed, but it maintained its connection to the past by transferring the battle streamers earned in previous campaigns from the old guidon to the new one.

Once the changeover was complete, the unit activated the Special Troops Battalion, a subordinate unit of the 1st Sust. Bde. The STB will provide administrative, human resources, financial assistance, force protection and logistical support to brigade headquarters and its assigned

See Reflagging, Page 4

You can find the Fort Riley Post online at www.riley.army.mil





Obstacle course strengthens team unity

By Master Sgt. Jack Lee
1st Bde. PAO

A mild but muddy Kansas day was the setting for transition team Class 18's first team-building exercise at the obstacle course.

"This is the first event for the teams to get together and work as a team," said noncommissioned officer in charge of the exercise, Sgt. 1st Class Cory Bonneau, Company B, 2nd Battalion, 34th Armor. "Soldiers come from many different posts. Team building gives them the opportunity to begin working as a team."

"The obstacle course is a great leadership event, both a physical and mental challenge," said Lt. Col. David Seigel, commander, 2nd Bn., 34th Armor. "It's done early in the transition team training to assist with team building."

Of the 14 obstacle course events, nine were individual and five required a team effort.

"We were tasked with coming up with a team building event and were able to use the obstacle course," Seigel said.

One of the team events was the 17 foot rope-wall climb. The team had to harness a "casualty" and hoist it over the wall without further injury.

As the teams arrived at the event, the observer/controller gave the team leader a card that explained the task, conditions and standards to be met. Each group had two minutes to read the card and ask any questions. They then had 10 minutes to accomplish the task.

Lt. Col. Todd Walsh, team chief of one of the brigade military transition teams headed for Iraq, felt the exercise was a good way for the team to do something physical outside of physical training.

"We had to think about accomplishing the task, get as many team members involved as we could, and execute," Walsh said.

His team lifted and pushed the 150-pound "casualty" to the plat-



1st Bde./Lee

From right, Lt. Col. Todd Walsh, Capt. Tom Carver and Sgt. 1st Class Dave Barlieb pull a 150-pound "casualty" to the top of a rope wall at the obstacle course while other team members push from below. Once at the top, there was little time for celebration as the team had to bring the dummy down to the ground during a recent team building exercise.

form at the top of the rope climb and back down in just over seven minutes.

"We look at the team's problem solving skills and how they interact," Bonneau said. "This gives us a basis to evaluate the strengths and weaknesses of each team."

But, team cohesion doesn't develop over night.

Staff Sgt. Kevin Mitchell, a Co. B O/C, said he often sees the Soldiers set aside their pride for the good of the group. "From day one, from not knowing each other, to day 60, graduation, I see how they've developed as a team."

Walsh said he knows his team

is only as strong as the weakest link. "I feel very fortunate to have the team members I have," he said. Seven of the nine team members have deployment experience.

"With their skills, my job as team leader is much easier," Walsh said.

To gain insight into the training and team building process, the O/Cs completed the obstacle course exercise before becoming trainers.

"We had to execute this," Bonneau said. "We experienced this so we would have an idea what the teams went through." Being an O/C is enjoyable, but it also has a serious side, Bonneau said.

"This is an important job. If we don't do our job, then someone may go over unprepared and get hurt, then we haven't done our job," he said. "I take it very personal."

Post, Army news briefly

Organization seeks speakers

Operation Tribute to Freedom is seeking Asian-American and Pacific Islander American Soldiers who have served in Iraq or Afghanistan to participate in Asian Pacific American Heritage Month speaking opportunities nationwide. The recognition month begins May 1, however, interested Soldiers should contact the Community Relations Office as soon as possible. Locations and dates TBD. Interested Soldiers should contact the Community Relations Office at 239-2022 or e-mail april.blackmon@riley.army.mil. Please include the Soldier's name, a brief deployment history and awards. Responses taken on an ongoing basis.

Big Red One to hold reunion

Veterans of the 1st Infantry Division will host their 89th annual reunion Aug. 8-12 at the Millennium Hotel in St. Louis, Mo. The reunion is sponsored by the Big Red One veterans' organization, the Society of the 1st Infantry Division located in Blue Bell, Penn.

Everyone who ever served in the 1st Inf. Div. or any unit attached to it is cordially invited to attend the reunion.

Details and reservation forms will be available in the spring issue of the Society's newspaper, The Bridgehead Sentinel, or after March 1 on their Web site: www.1stID.org; or from: Society of the First Infantry Division, 1933 Morris Road, Blue Bell, PA 19422. Phone: (215) 661-1969.

\$1000 reward offered by CID

The United States Army Criminal Investigation Command is offering a \$1,000 reward for information leading to the identification, apprehension, and conviction of the person(s) responsible for the armed robbery, by three unknown black males, wearing white shoes, black trousers and black hooded sweatshirts. One of the suspected individual(s) had a tattoo on his right forearm of a word written in old English lettering, beginning or ending with the letter "M." The robbery occurred between 6 and 6:40 p.m., Nov. 5, 2006, at the intersection of Jackson and Beauford Streets on Fort Riley. Anyone with information concerning this incident is urged to call the Fort Riley CID office at (785) 239-3931, or the military police at (785) 239-6767.

'Blackhorse' reunion to be held

The 11th Armored Cavalry Regiment will hold a reunion June 14-17 in Williamsburg, Va. All former and current Blackhorse Troopers are invited to attend the event hosted by the Border Legion, Blackhorse Association.

The event will be held at the Williamsburg Hospitality House, 415 Richmond Highway, Williamsburg, Va. 23185.

For more information, contact Glenn Snodgrass at (703) 250-3064, jgs525@cox.net, or visit the 11th Armored Cavalry Regiment Web site at www.11thacr.org.

HOUSE FILL AD

JON MURDOCK AUTO MALL
2 x 8"
Black Only
2x8 Murdock Wc#4

FAITH FURNITURE
4 x 12"

4x12 RED Faith Furn



Culinary arts

continued from page 1

other with that.” Cary, who has been a part of the 1st Inf. Div. for six years, understands that though the members of his team are at the top of their game in food preparation, training for the competition is still crucial to their success at Fort Lee.

“The food that they’re dealing with and the techniques that they’re dealing with sometimes are not used in the dining facility, like the fabrications of meat,” Cary said. “Whereas, in the dining facility, since we’re moving toward an Army that moves on its feet a lot, we get a lot of pre-cooked food.”

During the competition, “you’re more likely to get a live lobster where you’ve got to kill it and prepare it right in front of the judges,” Cary added. “You don’t get a frozen fish. You get a fish that you have to cut and eviscerate, and actually prepare that fish ... It’s more difficult, it’s more detailed and it takes more skill.”

Still, Cary and others on the team are careful not to understate

the often unseen skill of food service specialists.

“The roots of their profession go a lot deeper than what is seen in the dining facilities,” Cary said. “It’s more of a craft than I think is actually recognized.”

“I think (the competition) helps the different dining facilities and I think exposes the public, also, to the depth of knowledge and skill the cooks in the Army actually have,” Cary said.

“I try to improve on what people can see – their perception,” agreed Delgado, who is gunning for Junior Chef of the Year. “A lot of people have their perceptions about what a cook is, but there’s really a lot more that goes into it.”

Although Delgado enlisted after high school, he comes from a family of cooks and considers his main background to be cooking. He’s been using the training to focus on his knife skills, presentation, live-cooking skills and working with different cuts of meat for the competition.

“The hardest thing is everybody having what is called their

student skills,” Delgado said. “Everybody’s got to be on the same page, working together. Everyone’s cut’s got to be the same. Everybody’s basically got to be in sync. It’s getting everyone working together so we can make that happen.”

The Soldiers will not only compete in the garrison setting, but also in a field environment. With unitized group rations and limited time, the team must come

up with a menu and a creative meal.

“It’s based on seeing if the team can use residual rations – rations left from other meals to create a presentable, nice-tasting meal,” Cary said.

Another 1st Inf. Div. team member, Spc. Rose Gonzalez-Morera, with the division’s HHC, said she’s participating to honor anyone who’s ever believed in her – from her mentors and friends at the Main Post Consolidated Din-

ing Facility to her instructors from Advanced Individual Training.

“It’s an homage to anyone who’s ever run into me, mentored me, instructed me and trained me ... that they didn’t waste their time, because sometimes students have to ensure to their teachers that you’re doing a great job,” Gonzales-Morera said.

She also thinks the competition is a great way to bring more pride to food service specialists across the post.

“I think we are appreciated, but I think being a part of this team is going to bring it to a higher level of understanding in terms of what else we can be capable of doing,” she said.

“I want people to realize that this profession takes a lot of skill, it takes a lot of dedication and it takes a lot of repetition, and it takes long hours,” said Cary, who later added, “We are going to win everything we possibly can.”

Promotion

continued from page 1

lovable Soldiers.

Despite his being absent without leave a few months ago, Pvt. Gunner Chester, the mascot for the 3rd BCT “Bulldog’s,” was promoted to private first class after the four-mile run around Custer Hill - which he participated in for only a few blocks.

Brig. Gen. James Yarbrough, 1st Infantry Division assistant division commander for operations, had the honor of pinning Chester to the next highest rank in the division.

“I always obey orders, but it is with great hesitation that I promote Pvt. Chester to the next highest rank,” Yarbrough said.

“There is nothing first class about this bulldog,” he said. “He always needs to shave, his hair is way too long, and his wrinkled uniform does not look like a Soldier with standards.”

Despite his concerns, Yarbrough attached the rank to Chester’s uniform, but he did

invoke a suspended reduction in rank, which will allow Chester’s commander to demote him immediately if he displays any behavior unbecoming of a Soldier.

One person who vouched for Chester and his right to a promotion was Col. Norbert Jocz, the commander of the 3rd BCT.

“There has been a lot of angst about Chester’s promotion, but he has really shown a change in behavior,” Jocz said.

“His physical fitness has improved, his morale among the Soldiers has skyrocketed, and he has refrained from having any accidents in my office and that alone warrants some recognition,” he said.

After his promotion, Chester shook “hands” with the ADCO and sat at other Soldiers of the Bulldog Brigade congratulated him with a pat on the head.



1st Sst. Bde. Merritt

The Soldiers of 3rd Bde. run in the early morning cold Feb. 15 during a brigade run. After the run, the Soldiers gathered to promote Pvt. Gunner Chester, their mascot, to private first class.

19th PAD

continued from page 1

Smith said. “One of the things they covered was the first-ever exercise between the U.S. and Afghan and Pakistani Forces.”

They also worked in conjunction with special operation forces to highlight their accomplishments, Smith added.

“Congratulations on a job well done. Welcome home,” Smith concluded.

After Smith finished speaking, Detachment Commander Maj. James Bono gave a command.

“Detachment dismissed,” he shouted.

The deployment to Afghanistan was the second for Sgt. 1st Class Kenneth McCooey, 19th PAD, NCOIC.

“I am glad to be home,” he said. “I am looking forward to taking my kids sledding, coming in for hot chocolate, going back

out and sledding some more.”

“I am happy to have him home safe not to mention relieved that the year is over,” said McCooey’s wife Cyndi. “Now I don’t have to worry about him being over there.”

McCooey’s children were also excited to have their dad home.

“I am so happy to have daddy home,” said Talarin McCooey, a kindergartner at Custer Hill Elementary. “Cause I love Daddy.”

Shamus, McCooey’s son echoed his sister’s sentiment.

“I am happy to have Dad home,” Shamus said. “I can’t wait to go sledding.”

TRICARE COUNSELING
1 x 1"
Black Only
1x1Tricare02/1.t.f

WILDCAT PET RESORT
2 x 3"
Black Only
2x3Wildcat03/01.t.f

ST. PATRICK'S CATHOLIC
CHURCH
1 x 1.5"
Black Only
1x1.SST.Rm.02/22

LAKE SIDE MARINE
1 x 4"
Black Only
1x4 LakeSide Marine Mar TF

MILITARY OUTLET
2 x 3.5"
Black Only
2x3.MilitaryOut01/04.t.f

JACKSON HEWITT TAX SERVICE
3 x 5"
Black Only
3x5Meah101/25Taxes

CYBERLINK MARKETING, INC.
3 x 3"
Black Only
3x3Cyberlink02/22post

PARAMOUNT-AFC
3 x 10.5"
Black Only
735061 axblac killer



New handbook helps Soldiers survive first 100 days in Iraq

By Paul D. Prince
Army News Service

WASHINGTON - A new handbook on how Soldiers can survive their first 100 days in Iraq is now available at <https://call2.army.mil/new/toc.asp?document=2393>.

"Soldier Handbook: Surviving Iraq," was developed due to the increased casualty rate during the first 100 days of a unit's deployment in support of Operation Iraqi Freedom, according to Col. Steven Mains, director of the Center for Army Lessons Learned at Fort Leavenworth, Kan.

The handbook educates Sol-

diers on how not to become complacent to potential dangers and to be mindful of resourceful enemies who closely observe U.S. tactics to adapt their attack strategies, Mains said.

The handbook is based on responses from more than 1,700 Soldiers - captains, lieutenants and Soldiers from the ranks of staff sergeant and below. About 1,000 of the responses were taken from interviews with redeploying units in Kuwait and Soldiers at Fort Hood, Texas; Fort Carson, Colo. and Fort Stewart, Ga.

The Soldiers were asked questions pertaining to individual Sol-

dier behavior, unit leadership, equipment and pre-deployment training.

"Our intention was to learn from the Soldiers what they thought contributed to their survival in Iraq," said Milton Hileman, senior military analyst for CALL. "We asked them to focus their answers as if they were talking from one Soldier to another."

The remaining responses came from a 23-question survey that CALL placed on its Web site.

"We were pleased with numerous responses we received from many of the Soldiers," said Hileman. "The Soldiers in many cases were very insightful."

"Several Soldiers came up to me after filling out the survey and said 'Thank you for asking,'" said James Gebhardt, senior military analyst for CALL. "They had a sense of self-worth and self-importance."

Among other recommendations, many Soldiers recommended:

- Staying aware of their surroundings,
- Listening to their leaders,
- Avoiding routine or predictable patterns,
- Following standard operating procedures, and
- Using protective gear and armored vehicles.



1st Sust. Bde. photo

Col. Kevin O'Connell and Command Sgt. Maj. Frank Car-doza, commander and command sergeant major of the 1st Sust. Bde. attach the DISCOM streamers to the new brigade flag.

Reflagging

continued from page 1

units.

Members of the STB uncased their colors simultaneously with two of the brigade's other subordinate units, Headquarters and Headquarters Company and the brigade's Signal Company.

Fort Riley and 1st Inf. Div. Commanding General Maj. Gen. Carter Ham, offered a few remarks after the colors were unfurled.

"DISCOM has been with the division since the formation of the division in 1917, and over the years has come to be known as 'Durable Six,'" Ham said.

"You have been called durable and durable indeed you are," he continued, "accomplishing tasks in many different theaters, in different weather conditions, and

you will continue to be durable. "We are very, very proud to have you still at Fort Riley (and) still connected to the 1st Infantry Division as an integral part of us," he added.

O'Connell and Lt. Col. Robert Brem, commander of the Special Troops Battalion, also spoke during the ceremony.

The ceremony closed with a benediction and the playing of the Big Red One song and the Army song, for which the Soldiers stood and sang along.

The color guard exited the ceremony in the same fashion it entered - except the flag of the 1st Sust. Bde. waved where the DISCOM colors once stood, marking the unit's transformation.

3rd Bde.

On their third deployment, the Soldiers will be tasked with route and area reconnaissance and clearance.

The battalion trained for their upcoming deployment at the National Training Center at Fort Irwin, Calif., in November 2006 where they received training in route clearance, platoon live-fires, squad lane training and demolition.

Some of the Soldiers were also given specialized training with unmanned aerial vehicles, robots and mine-searching dogs to better

facilitate their mission, Jocz said.

Their mission is important because it opens up roads for traffic, said Capt. Kimberly Allen, the battalion's personnel officer. The Kodiaks are not just looking for explosives that have recently been placed, but also for munitions placed long ago. Once the Afghan people see that the roads are being used frequently, they will feel safe in using the roads as well, she added.

"They have a job to do. They have to do it," said 70th Eng. Bn. spouse Kristin Clark-Smedley, who is expecting twins in June.

Kaitlyn Colburn traveled from New Hampshire to see her fiancé's first deployment ceremony.

"It's a difficult thing," she said, "but I'm sure there are valid reasons for them to go over there."

However, for many of the Kodiak Soldiers, this isn't their

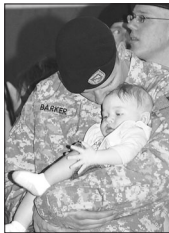
first deployment.

"I'm just doing my job," said Sgt. Yasunari Diaz, a supply sergeant for Company C, 70th Eng. Bn., who is married to a servicemember. "We're both military brats so we know what it feels like."

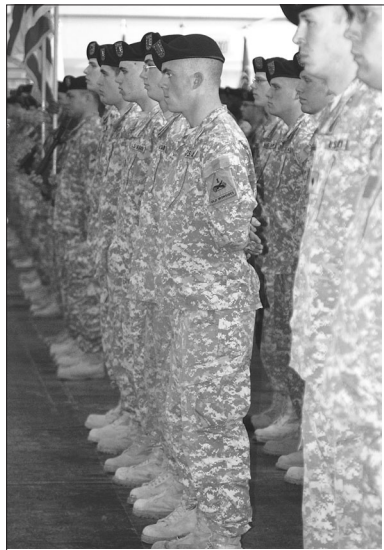
'Kodiak' FRG

Kodiak family members who need help with deployment issues can call the battalion rear detachment at (785) 239-1735 or (785) 239-1755.

Members of the rear detachment can direct family members to resources such as chaplain services, counseling for dealing with deployments, financial assistance during emergencies and programs children can join to facilitate their understanding of Army life.



PAO/Blackmon



1st Inf. Div./Vega

'Kodiak' Soldiers stand in formation during the 70th Eng. Bn. deployment ceremony Feb. 23 at King Field House.



1st Inf. Div./Vega

The 70th Eng. Bn. staff officers stand at parade rest during the battalion's deployment ceremony Feb. 23 at King Field House.

NORTHWOOD, INC., MINI
STORAGE
1 x 1.5"
Black Only
1x1.5.northwoodsize.2/18.0593.

DICKINSON THEATRE
1 x 1.5"
Black Only
1x1.5.adchangeMOVTF11/17.1k

TYME OUT
1 x 2"
Black Only
1x2.lunchspecial.1/12.9049.1k

FIRST PRESBYTERIAN
CHURCH
1 x 2.5"
Black Only
1x2.5 1st Presbyterian

SCREEN MACHINE
2 x 2"
Black Only
2x2ScreenMac01/04tE

KPA
2 x 2"
Black Only
Leadership pass

AMERICAN DIRECT MORTGAGE
2 x 4"
Black Only
2x4 American Direct Mortgage

HOUSE FILL AD

STATE FARM INSURANCE
2 x 2"
Black Only
2x2.statefarmFEETF.2/22.56251k

MWR
2 x 5.5"
Black Only
2x5.5MWR02/25Talent Show



Commentary

Thursday, March 1, 2007

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What is the best way to support military families?



"Bigger and non-taxed bonuses."

Spc. Chris Horton
Tanker
1st Bde.
Home: Fort Worth, Texas



"Educating spouses on what military life is all about and what programs are available."

Sgt. Steve O'Brien
Administration NCO
24th Trans. Co.
Home: Folsom, Calif.



"Giving up-to-date news and communicating with families while Soldiers are deployed."

Pvt. Kyle Henry
Field artillery Soldier
3rd Bde.
Home: Sparta, Wis.



"Getting family support groups' input on what the families want to see."

Capt. Stephen Wallace
Company commander
HSC, 601st Avn. Support Bn.
Home: Cheyenne, Wyo.



"Keeping military police on post and patrolling more."

Sherahlyn Prosper
Stay-at-home mom
Home: St. Thomas, U.S. Virgin Islands

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@riley.army.mil or fax them to 239-2592.

By Darla Griffith
Installation Safety Office

During the month of March, cold winter weather begins to give way to warmer more inviting temperatures. With these warming temperatures, children once again will venture outside to ride their bikes, inline skates and skateboards.

It is every motorist's responsibility to be vigilant and remain focused on the roadway when behind the wheel. Children are unpredictable and it is up to you to anticipate and prepare to react to whatever they may do.

Distractions that could take your attention from driving could be devastating if you are not prepared to react. In order to keep children safe, it is important to take steps to reduce distractions that take attention from the road.

Driver inattention is the leading factor in most crashes and near-crashes, according to a land-

mark research report released by the National Highway Traffic Safety Administration and the Virginia Tech Transportation Institute.

Nearly 80 percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds before the event. Primary causes of driver inattention are distracting activities such as cell phone use and drowsiness. It is critical that drivers are always alert.

There are different types of distractions that we must be aware of and try to avoid. The first are distractions outside of your vehicles such as other vehicles turning, swerving or stopping, or emergency vehicles with lights and sirens.

Other outside distractions might be an auto accident or road construction. The second type of distractions are those inside of your vehicles such as the radio, mirrors and temperature controls. Conversing with other passen-

gers, tending to infants or children, or trying to get something that is out of reach like a pen or map also draw attention away from the road.

According to the NHTSA, the most common distraction for drivers is the use of cell phones. Reaching for a moving object increased the risk of a crash or near-crash by 9 times; looking at an external object by 3.7 times; dialing a hand-held device (typically a cell phone) by almost 3 times; and talking or listening on a hand-held device by 1.3 times. For more information on NHTSA's report on common distractions, visit <http://www.nrd.nhtsa.dot.gov/departments/nrd-13/newDriverDistraction.html>.

The Department of Defense has restricted the use of cell phones on all installations unless the vehicle is safely parked or the driver is using a hands-free device. This policy is outlined for Fort Riley in the Commanding

General Policy Letter 01-05 dated March 1, 2006. The penalty for using a cell phone while driving on Fort Riley is a \$50 fine and an additional \$25 court fee (see Fort Riley Regulation 190-5).

It is important at all times to be aware of what is going on around you while you drive. It is easy to become distracted but remember, if you are aware, then you are in control.

Here are a few tips to help you avoid distractions: Get plenty of rest and do not drive drowsy; make adjustments to your radio, mirrors and thermostat before you leave the driveway; make sure children are securely fastened in the appropriate car restraint system; be aware of the activities on the side of the road and be prepared to stop if necessary and; if you do not have a hands-free device, pull to the side of the road and park before using your cell phone.

Safety on the Road

Minimizing distractions helps minimize accidents

Coping with Separation

Elmo helps kids cope when parents deploy

By Jacey Eckhart
CinCHouse.com

The family in the yellowed clipping looks exactly like us. My mother is unkempt and red-headed and surrounded by her five children. I'm the one sucking my thumb.

But the attached interview doesn't sound like my mother at all. Written while my father was deployed during the Vietnam War, this thing drips with pity and hints that the thumb sucker might be psycho.

My mother hates that interview. She thinks that the reporter was so distracted by the I-Could-Never-Do-What-You-Do factor that nothing else got on the page but tears and pain and lurking widowhood.

That overwrought drama still happens a lot when folks are reporting about military families. So I was surprised to see that wasn't the case with the new Sesame Workshop special, "When Parents Are Deployed."

In a recent interview, Dr. Jeanette Betancourt, vice president of Outreach and Educational Practices for Sesame Workshop, told me that this pro-



Jacey Eckhart

ject wasn't even on the table when the team was originally put together to work on the "Talk, Listen, Connect" DVD that was distributed last August.

In that video, Elmo's father deploys. Scenes alternate between Elmo's family and real military families to demonstrate the cycle of deployment.

The DVD was sponsored by a \$1.5 million grant from Wal-Mart Stores, Inc. with additional support from the New York State Office of Mental Health and Military Child Education Coalition. More than a quarter of a million DVDs have been distributed or downloaded already.

It was during the research and taping of the military families themselves that the second project began to take hold. "We started to get a lot of additional footage that let families talk about their experiences," Betan-

court said. "Then the Corporation for Public Broadcasting started to think this should not only appear on the DVD but as a special."

Betancourt said the Sesame Workshop team could see that the military family certainly had challenges, but they had value and strength and resiliency and a true commitment to the kind of work they do.

Although Elmo appears on the special, the majority of the time is focused on military families talking about their coping strategies. The tears are still present, but there isn't any flag waving or hand wringing or sobbing drama.

Instead, they show a grade schooler hiding behind her Air Force dad's arm and getting choked up when talking about their message jar. It's unclear exactly why she is crying — maybe the memory of that jar brought back the deployment and all the feelings that went with it.

But the way the scene is filmed and edited, it becomes very clear how close the girl is to her father, how he is her protector.

In another scene, a guy in a flight suit is talking about how his wife is both mother and father to their kids during deployment. He is chatting right along. Then he stops. His face works as he tries not to cry. "Sorry," he mumbles.

Out of sight of the camera, the filmmaker says, "That's all right." And they wait. The guy in

the flight suit goes on to make his point. But the point is already made.

That's why I'm glad Sesame Workshops has taken military families under their fuzzy, furry, feathered arm. Of course I am glad to get some expert advice from such a trusted source. I'm glad to have something on TV to show my 4-year-old that makes his dad being gone seem a little more normal.

But more importantly for me, it is good to see our culture acknowledged in the way our friends on Sesame Street have always acknowledged the people of different cultures. This special shows not only the seasonal migration of deployed military parents, but the mutual pride in each other, the ability of the non-deploying spouse to be the core of the family, the intensity of our feelings.

I hope we will see a lot more understanding like this from different organizations in the year to come, because a deeper understanding of this military culture is a push in the right direction for every Elmo-lover out there.

A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with CinCHouse.com and the host of "The Jacey Eckhart Show" (www.cinchouse.com/jacey).

For Your Health

Spring diabetes fair scheduled at IACH

IACH

The Fort Riley Diabetes Team invites all military beneficiaries with diabetes to attend the Spring Diabetes Fair from 9 a.m. to 3 p.m. March 28. The fair is also open to family members of diabetes or Irwin Army Community Hospital patients who simply want a glucose check or information on prevention of type II diabetes.

The fair will be in the Nutrition Clinic Classroom located in the basement of the hospital. No appointment or pre-registration is needed.

IACH's monthly diabetes classes focus on diet, exercise and medication which are key elements to controlling diabetes. These areas will be highlighted at the fair along with providers from Nutrition Care, Physical

Therapy, Pharmacy, Podiatry and Primary Care.

Hospital representatives are willing to see those patients who need help after being diagnosed with diabetes or those who are having trouble with glucose control, complications or having long-term control tests (Hemoglobin A1Cs) above goal.

The March diabetes class will be held on March 29 from 12:30 to 4:30 p.m. Please call the Nutrition Department at 239-7644 if you would like more information on the diabetes fair, or wish to attend the monthly diabetes or weight loss class. Those needing to get in touch with primary care for diabetes related problems call 239-7644 at 239-7186. Attendees are asked to bring glucometers and home glucose logs.

FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of the Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Maj. Gen. Carter Ham
Public Affairs Officer-Lt. Col. Christian Kubik
Command Information Officer-Vacant
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Anna Morelock
Staff Writer-Vacant
Advertising Representatives-Mary Crough, Denette Busing, Lauren Hodges

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised.

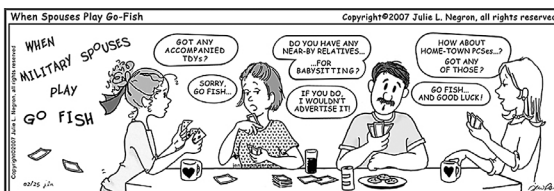
Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

For business or advertising matters, call The Daily Union in Junction City at (785) 762-5000. For news offerings, call The Fort Riley Public Affairs Office at (785) 239-8854 or DSN 856-8854, or write to The Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

Circulation 8,800 copies each week

By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

Jenny
THE MILITARY
SPOUSE



ASHLEY HOME STORE
6 x 21.25"

6021.5 Full Color Ashley



'Black Lions' prepare to take fight to Iraq

By 1st Lt. Robert Riggs
1st Bn., 28th Inf.

The 1st Battalion, 28th Infantry "Black Lions" have been in Kuwait preparing for war since early February. The unit has been putting the finishing touches on all of the training they've done since the battalion stood up in January 2006. Throughout the

year at Fort Riley, the Black Lions never lost sight of their rigorous training plan; maintaining an aggressive tempo and always focusing the Soldiers on combat. Now, the Soldiers are polishing their skills and receiving new theater-specific training.

Every Black Lion Soldier receives training on fratricide prevention, improvised explosive devices, a new radio system and

the Army's newest weapon in the war against IEDs, "Duke."

"Duke" is the Army's next generation CREW, or Counter Radio-controlled Electronic Warfare, device that cancels out a terrorist's ability to remotely detonate an IED.

"Duke" has proven itself invaluable to the Soldiers in Iraq, and because of its effectiveness, all Black Lions are trained on its

use. Even support Soldiers are practicing reflexive fire techniques and magazine changes once they complete their work for the day.

Not all training in Kuwait is new to the Black Lions. The scouts continue to hone their skills at the Military Operations in Urban Terrain, or MOUT, site; while the intelligence section provides daily updates to all of the

companies on the dangers expected in their sector.

All companies have integrated their support personnel. Medics, artillerymen and communications Soldiers live with the Soldiers they support.

"This is by far the most cohesive I've ever seen the Black Lion team," said Maj. Erik Overby, battalion executive officer.

Before leaving Kuwait for Iraq,

every Black Lion will test fire his weapon with live ammunition.

"Hopefully that's the last time they'll have to fire before they fly home, but I know that all our Soldiers are ready to defend themselves and the Iraqi people if they need to," said Sgt. Maj. Rodney Lewis, operations sergeant major for the Black Lions.



4th IBCT PAO/Smith

Commander Lt. Col. James Crider and Command Sgt. Maj. John Jones, the 1st Sqdn., 4th Cav. senior noncommissioned officer, unfurl the unit's colors during a ceremony Feb. 11 at Camp Buehring, Kuwait. This is the second time in the past year the unit has uncased its colors; the unit switched from 2nd to 1st Squadron in 2006.

'Raiders' uncase colors

By Pfc. Nathaniel Smith
4th IBCT PAO

CAMP BUEHRING, Kuwait — The "Raiders" of 1st Squadron, 4th Cavalry Regiment uncased their colors in a ceremony Feb. 11 at Camp Buehring, Kuwait.

This is the second time in less than a year the unit unfurled its colors. The Raiders also unfurled their banner earlier in 2006 as they changed from 2nd to 1st Squadron.

The uncasing of the unit's colors represented the official

deployment of the battalion in support of the Global War on Terrorism and Operation Iraqi Freedom.

In addition to regular training, 1st Sqdn., 4th Cav. prepared for this deployment by participating in rotations at the Leader's Training Program at Fort Polk, La., and the National Training Center at Fort Irwin, Calif., along with the rest of the 4th Infantry Brigade Combat Team.

Commander Lt. Col. James Crider said this year will be a pivotal year for the campaign in Iraq

but he expressed confidence in his troops.

"It's not just another normal rotation in (Operation Iraqi Freedom)," Crider said. "This is going to work or it's not, and I think it's going to work."

SPRINT- NE PRESS
4 x 10.5"
Black Only
SPRINT HOME

line x
2 x 5"
Black Only

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
2nd Lt. Assem God 11/01 t.f

Retirees honored at ceremony

Staff report

The following Soldiers were honored for their service at a retirement ceremony Feb. 28 at Long Gym:

Chief Warrant Officer Marc J. Greene, DPTMS Airfield Operations
Sgt. Maj. Stanley W. Balch,

2nd Bn., 291st Regt. (TSB)

1st Sgt. Jeffrey W. Letcher, HHC, 1st Bde.

Master Sgt. Robert D. Boice, HHC, 1st Bn., 34th Armor

Sgt. 1st Class Candido Padilla-Colon, HHC, 1st Inf. Div.

Sgt. 1st Class Jerry L. Thomas, HHC, 1st Inf. Div.

Staff Sgt. Keith D. Shorter,

HHC, 3rd Bde.

Staff Sgt. Eric O. Allen, HHC, 2nd Bn., 34th Armor

Staff Sgt. Kevin L. Gibson, DENTAC

Sgt. Robert B. Edington, HHC, 1st Inf. Div.

Sylvia Dugan, 1st Inf. Div. Readiness Officer

Courts-martial find 2 Soldiers guilty

Staff Judge Advocate

Spc. Charles A. Hartley Jr. was tried at a General Court-Martial Feb. 12 and found guilty of involuntary manslaughter, driving while intoxicated, and fleeing the scene of an accident.

The military judge sentenced him to be confined for 4 years, to be reduced to the grade of E1, to

forfeit all pay and allowances, and to be discharged from the service with a Bad-Conduct Discharge.

...

Pfc. Ricardo Jones Jr. was charged with conspiracy to import marijuana, wrongful possession of about 96.7642 ounces of marijuana with intent to distribute, and

importing marijuana into the United States. He was tried at a General Court-Martial Feb. 14 and found guilty of the possession charge and not guilty of the other charges.

The military judge sentenced him to be reduced to the grade of E1, to forfeit all pay and allowances, and to be confined for eight months.

LIVING WORD CHURCH - MANHATTAN
3 x 2.5"
Black Only
3x2.5Living Word01/04t.f





Post, Army news briefly

CBRN course offered on post

Fort Riley offers a two-week CBRN Defense course each month to train personnel assigned to units' CBRN Control Party.

The Control Party consists of a CBRN Officer and CBRN NCO (an enlisted alternate if no CBRN NCO is assigned).

It's also an opportunity to earn five college credits from Barton College.

These positions are inspected areas during command inspections. The class also provides training to unit 74D, CBRN NCOs (as long as they are not a BNCOC grad).

Units can have multiple Soldiers trained for continuity.

The next post CBRN courses are scheduled for March 19 through 30 and April 16 through 27.

Prerequisites for the class are:

- A GT score of 100 or above (or ST of 95 or above).
- Rank of specialist or above (waivable for private first class).
- A minimum of one year service remaining.

Units should call Jerald Busing, Troop Schools, at 239-5432 to register. For more information on the course, units also can call Michael Walter, Post Chemical, at 239-6395.

CAC meeting scheduled

The Community Action Council will meet from 10 to 11 a.m. March 21 at Riley's Conference Center.

'Iron Rangers' detain suspect at Camp Funston

By Master Sgt. Jack Lee
1st Bde. PAO

Transition Team Class 16 Soldiers were warned to be on the lookout after receiving an intelligence report that known terrorist Lawee Ali Mustaf had infiltrated "Iron Ranger" battle space.

All of this is, of course, was a training scenario.

"We focus these kind of events that the team receives training on for reinforcement," said Capt. Frederick McLeod, King Company commander, 1st Battalion, 16th Infantry. "We want the TTs thinking because this is what they could see in theater."

Teams react to events wherever they operate. It might be on forward operating base Army Strong at Camp Funston or on a convoy to one of the ranges. "One day it's an improvised explosive device, the next it's an ambush or a casualty event," McLeod said. The Chaos Platoon provides role players and often sets up the events.

"The role players give the TTs experience in possible real-world events," said Sgt. Christopher Deaver, Chaos Platoon Soldier. "I like to give the TTs a challenge."

It is a challenge to provide as realistic training as possible to the transition teams and requires a commitment from all of the Soldiers of King Company and 1st Bn., 16th Inf., McLeod said. Many of the role players have been deployed to Iraq and know the importance of the training.

"Most of the effects are based upon actual situations that the cadre have been involved in," McLeod said. "Some of my Soldiers have been deployed to Iraq twice, and some deployed to Afghanistan, too."

"All of us in the battalion are committed to developing and making the scenarios and effects as realistic as possible," McLeod concluded.



1st Bde./Lee
Capt. Larinzol Davis, transition team Class 16, detains a suspected terrorist at forward operating base Army Strong located at Camp Funston. After receiving an intelligence summary reporting a known terrorist had infiltrated the "Iron Ranger" battle space, Davis detained a suspect matching the description of the insurgent.

Transition team focuses on Iraqi NCO corps

By Sgt. Robert Yde
Army News Service

FORWARD OPERATING BASE HONOR, Iraq - As a member of a military transition team, 1st Sgt. Joseph McFarlane spends the majority of his days training and advising members of the Iraqi Army.

During the three months that he's been in Iraq, McFarlane, the noncommissioned officer-in-charge of the 4th Squadron, 9th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division's MTT, said he has seen a great deal of progress by Iraqi soldiers. But one area he and his teammates would like to see more improvement in is the development and strengthening of the Iraqi Army's NCO corps.

"They have such a lack of NCOs in their ranks. We're trying to make them stronger," he said.

To do this, members of the 4th Sqdn., 9th Cav. Regt., MTT recently demonstrated to the 3rd Battalion, 5th Brigade, 6th Iraqi Army Division, how the NCO promotion system works.

"We conducted a mock promotion board under the American standard for the 5th Bde. IA, so they can see an example of how we promote Soldiers to sergeants and sergeants to staff sergeants," McFarlane said.

For the Iraqis to strengthen their NCO Corps, they must first understand the process of becoming an NCO," he said. "Their promotion system is not necessarily based on performance or potential like the U.S. Army. Most of their promotion system has been based on nepotism, or family."

Before beginning the mock board, 4th Sqdn., 9th Cav. Regt., top NCO, Command Sgt. Maj. James Daniels, briefed the Iraqis on what they were going to see and on some of the prep work a Soldier goes through before appearing before a board. Soldiers

typically spend days studying military subjects, for example.

Soldiers are expected to be nervous in front of the board, but how they handle this stress is one of the main things the board members are interested in, Daniels said. Military bearing, appearance, the amount of confidence demonstrated, and having the knowledge to answer the variety of questions are all aspects that are taken into consideration when a Soldier appears before the promotion board.

Iraqi troops then observed a mock board as Staff Sgt. Buaki Tamu entered the room and reported to Daniels. After performing the requested facing movements and reciting the Soldier's Creed, Tamu was asked one question by each board member.

The Iraqi Soldiers appeared to be receptive and asked several questions throughout the process.

Command Sgt. Maj. Makki Abid Zaid Mouammad said being able to see how the process works helped give him a better understanding of it, and he hopes to implement a similar promotion system for his Soldiers.

Daniels also stressed that just because a Soldier is selected for promotion to sergeant doesn't mean that the continuing development of that Soldier stops. Throughout their careers, NCOs will continue to go to various schools offered by the NCO Education System, Daniels told the Iraqis.

This focus on educating NCOs is what makes the U.S. Army so strong, according to McFarlane.

"At every level Soldiers get promoted they're going to another school," McFarlane said. "We're trying to instill that into the Iraqi Army. Education is the key."

Sgt. Robert Yde writes for the 2nd Brigade Combat Team, 1st Cavalry Division Public Affairs.

MIDWEST FURNITURE GALLERIES
10.68 x 11"
Black Only
10.5x11PillColor03/G2midwest

HOUSE
FILL AD



Army adopts new risk assessment tool

By Kelly Widener
Combat Readiness Center

FORT RUCKER, Ala.— A tool used by Soldiers to assess the risk of driving their privately owned vehicles on trips is now the same tool that airman, sailors, Marines and Coast Guardsmen will use beginning early March.

Formally adopted across the Department of Defense, the tool known to Soldiers as ASMIS-2 officially becomes TRiPS, or Travel Risk Planning System.

The tool was adopted because of its ability to give users a comprehensive risk assessment based on their travel plans and to recommend certain actions to help lower risks.

"ASMIS-2's greatest value has always been the one-on-one interaction and dialogue it promotes between the supervisor and subordinate," said U.S. Army Combat Readiness Center Sgt. Maj. David Griffith. "The specific questions asked about an upcoming trip allow supervisors and Soldiers to engage and help identify potential faults in driving plans and help provide other alternatives."

The online tool was adopted last year by the Navy, Marines, Coast Guard and recently this year by the Air Force. Since its implementation in the Army, more than 1,783,000 assessments have been completed by Soldiers, with six fatalities occurring during an assessed trip. These statistics show that those using the tool

may be less likely to be involved in fatal mishaps. TRiPS is expected to continue with the same results across all service branches.

"Since the release of TRiPS, 29,061 Sailors have registered for accounts and 15,452 risk assessments have been completed," said Capt. Bill Glenn, director of shore safety at the Naval Safety Center. "To date, no Navy personnel who have been traveling on a risk assessment have been involved in a fatal motor vehicle accident."

While elements of ASMIS-2 remain the same — such as inputting information like the type of vehicle being driven, age, start and end points, expected sleep before traveling, seat belt use and more — TRiPS offers more than just a name change. The tool offers additional features specifically for supervisors. One of the new features allows supervisors to view the TRiPS activity of their subordinates two levels down, which offers more opportunity for leadership engagement and awareness.

"TRiPS will continue to provide users with risk awareness features such as the mapping feature," said Griffith. "However, the new features make this positive and proven tool even more valuable in the fight against POV fatalities of not only our Soldiers, but all DoD servicemembers and civilians."

Army personnel can expect to notice the name change of ASMIS-2 to TRiPS on the U.S. Army Combat Readiness Center's Web site at <https://crc.army.mil> this March.

HARRAH'S PRAIRIE BAND CASINO

4 x 9.5"

4x10 FULL COLOR Harrah's



Reservists take advantage of post back roads to train

By Master Sgt. Jack Lee
1st Bde. PAO

An Army Reserve unit took advantage of Fort Riley's back roads to provide the reservists some valuable, realistic training.

The 89th Regional Readiness Command's 821st Transportation Battalion, Headquarters and Headquarters Detachment from Topeka, Kan., spent a weekend learning the ins and outs of convoy operations, which is now called Combat Logistic Patrol.

"The troops were motivated and eager to learn," said Master Sgt. Kerry Triplett, the noncommissioned officer in charge of the event from the 383rd Training Support Battalion out of Leavenworth, Kan. "We threw a lot of information their way."

"We approached the training in a crawl - walk - run format," Triplett explained. "'Crawl' was in the instruction in the classroom, 'walk' was a rehearsal, and 'run' full speed ahead - the real thing," he said.

To train in such a manner meant leaving the confines of the drill hall.

"You can learn only so much at the reserve center," said Master Sgt. William Burgoon, commander, HHD, 821st Trans. Bn. "Many of our Soldiers have been deployed to Iraq, and they know the best training is as realistic as



1st Bde./Lee
Pvt. Morgan Buturlia, right, and Spec. Randi Catlin search the wood line for suspicious activity. After the classroom training, they were looking for a number of threats along the route.

you can make it."

The HHD deployed to Iraq in 2004.

A new Soldier to the unit and Army said he liked the training. Pvt. Morgan Buturlia, an 821st Trans. Bn. Soldier for just under a year, said, "The training was very

resourceful, showing us what we should do if we are attacked."

"We taught the newest techniques," Triplett said. "The CLP is really just a moving defensive perimeter. You have to be ready for anything to happen."

Along the route, Soldiers react-

ed to a possible roadside threat, an improvised explosive device and a simulated attack - role-players firing their M-16A2s.

Burgoon said he tries to bring his Soldiers to the field four times a year. "Soldiers like coming to the field," he said. "It beats training at the center."

HOUSE FILL AD

hair experts
2 x 5"
Black Only

HOUSE
FILL AD

VALASSIS-AFC
5 x 13"
Black Only
741594 sprint thank you

PRAIRIE HAWK CYCLE &
LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawk MarTF

HOMESTEAD AUTO
1 x 1.5"
Black Only
1x1.5Homestead@wrecker01/04





Fort Riley Community Life

Thursday, March 1, 2007

Home of the Big Red One

Page 11

Community news briefly

HASFR fund applications due

Applications for the Historical and Archeological Society of Fort Riley's annual community assistance funds distribution are available now. Please e-mail mrcoorts@alliance.tv for application forms. All applications must be received by March 2.

CDC to hold book fair

A child's life can be positively influenced by exposure to quality books, and the Scholastic Book Fair has hundreds of parents to choose from.

The Fort Riley Normandy Drive Child Development Center is holding a Scholastic Book Fair from 9 to 11 a.m. March 6 at Building 6620. The books that will be provided at the fair have been carefully selected by educators and editors. Parents are asked to celebrate the joy of reading by helping their children select books and sharing in making literature important to children.

For more information, call 239-1151.

Picerne to host lunch, speaker

Picerne Military Housing will host "Down Range Day Off," a free luncheon featuring guest speaker Terri Norvell, from 11 a.m. to 3 p.m. March 27. Free childcare will be provided for the event, which is open to resident spouses of deployed or unaccompanied Soldiers. Following lunch, residents will participate in an afternoon with Terry Norvell, a motivational workshop facilitator. Norvell's program is designed to inspire and empower participants towards a heightened sense of understanding, trust and courage.

"Down Range Day Off" is entirely free but space is limited. Please contact your Picerne Neighborhood Office to register. The deadline to register is close of business March 12. Advance registration is also required for childcare and shot records must be presented the day of the event for children using childcare.

Infant care classes offered

The New Parent Support Program will be hosting Infant Care Classes from 9 to 11 a.m. at the Soldier and Family Support Center, Building 7264. Limited child care will be available.

March 8 - You're Pregnant: Now what?

March 15 - Health Care Staff - IACH

March 29 - Preparing for the birth

April 5 - Nurturing a healthy family

April 12 - Growth and Development

April 19 - Infant Safety

For more information on the classes, call Toiane Taylor at 239-9435 or 239-5777.

Stay in Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

In thanks



Chief of Chaplains Maj. Gen. David Hicks talks with Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley during the National Prayer Luncheon Feb. 21 at Riley's Conference Center.



Gospel singers Phil and Pam Morgan perform at the National Prayer Luncheon Feb. 21 at Riley's Conference Center.

Chief of chaplains speaks at luncheon

By Pfc. Dustin Roberts
CAB Public Affairs

Fort Riley's 2007 National Prayer Luncheon took place Feb. 21 at Riley's Conference Center to honor the annual national day of prayer.

The U.S. Army Chief of Chaplains Maj. Gen. David Hicks was the guest speaker and gospel singers Phil and Pam Morgan performed a series of songs at the luncheon. Fort Riley and 1st Infantry Division Commander Maj. Gen. Carter Ham welcomed the audience of about 300.

"Why do we take pause in our busy lives for a little bit of reflection?" Ham asked. "Because an event like this gives us the opportunity to

See Luncheon, Page 12

USD 475 head count up

By Laura Stroda
The Daily Union

With five Geary County Unified School District 475 elementary and a middle school located on Fort Riley, the Army makes a significant impact on the school district. For more than six decades, enrollment numbers have fluctuated in relation to the ebb and flow of soldiers stationed at the post.

Lately, it's been more ebb than

flow; and it will likely stay that way through 2011, when Army officials say the post will finish growing to more than 18,000 soldiers from its current population of about 12,000.

USD 475 took count of all its students Feb. 20 for the second time this school year. Compared to Sept. 20 numbers, the student body increased by about 410 — mostly students whose parents or guardians are active duty military.

School districts in the state that

are affected by the military's ever-changing nature benefit from a state law that allows for a second count date on Feb. 20. If the district's population of military students increases by 25 students or 1 percent of the total enrollment, the state uses the second count date figures to award state aid. The base state aid per pupil is \$4,257, so an additional 410 students means USD 475 can expect \$945,370 more in state education

See Head count, Page 12

Retail center in works for JC

By Ryan D. Wilson
The Daily Union

There's a new market coming to Junction City and it will have a major impact on retailing in the area.

City, county and a Kansas City area developer announced plans in January to develop "The Smoky Hill Market Place," a 600,000-square-foot major retail and recreational attraction in the region south of I-70 south between East Chestnut and South Washington Streets.

"The entertainment component of this development offers visitors amenities that are customarily offered in large metropolitan markets," said David J. Christie, president of D.J. Christie Inc., who is developing the site.

Junction City Manager Rod Barnes added, "This is one more quality of life improvement that



An artist's rendition of the Smoky Hill Market Place. City, county and an area developer plan to build the center south of I-70 between East Chestnut and South Washington streets.

will bring Junction City to the next level." A sports arena, military museum, tournament soccer and softball facilities, movie theaters, restaurants, shopping, an indoor water park and lodging

will all be part of the development, city officials and D.J. Christie, Inc. announced in a press conference at the Geary County

See Smoky Hill, Page 13

Program to hold reading night

Event to show parents how to use literature for support

MCEC

A special event to show military parents and children how to use literature to make connections and find support is scheduled from 1 to 2:30 p.m. March 31 at Fort Riley School-Age Services, Building 5810.

The event, "Tell Me a Story," is sponsored by the Fort Riley Parent-to-Parent Program and the Military Child Education Coalition, and is planned for military parents and preschool through high-school-age children.

Maj. Gen. Carter Ham, commanding general of Fort

The mission of the project is to empower military children to use literature and their own stories in a way that fosters skills for resilience, strong peer and parent connections, a sense of pride and accomplishment, and a caring community, said Dr. Mary Keller, executive director of the Military Child Education Coalition.

The event also will help others understand the legacy of remarkable caring and support that our nation's servicemembers have given throughout our history, Keller said. "One of the ways that we all learn is through stories. With this initial kick-off of the 'Tell Me a

More info

For more information about this event or the Military Child Education Coalition, visit the MCEC Web site at <http://www.militarychild.org>.

Phone: (254) 953-1923

Fax: (254) 953-1925

E-mail: membership@militarychild.org

Mailing address: P.O. Box 2519, Harker Heights, TX 76548

Riley and the 1st Infantry Division, will read "Mercedes and the Chocolate Pilot," during the event. The book tells the story of a U.S. Air Force pilot who dropped candy to the children of West Berlin, Germany during the Berlin Airlift and the effect it had on one girl's life.

Along with the book reading, two members of the military will tell stories of how modern-day Soldiers have helped — and are helping — children in Iraq and Afghanistan.

Following the reading of the stories, attendees will break into discussion groups and explore ways stories can open discussion to potentially difficult topics such as family separations or fear of moving to a new location.

Story" initiative, the story examples and discussions will be about how we grow our own courage and confidence by helping others even when facing challenges.

A copy of the Margot Theis Raven book, "Mercedes and the Chocolate Pilot," will be given to each family attending the event. Children also will be presented with a bag containing a handkerchief, string and a candy bar to remember the story (the Chocolate Pilot used handkerchiefs and string to fashion parachutes to drop candy bars to German children). Refreshments will be provided.

Military parents wishing to attend the event should RSVP to (785) 226-9164 or parent2parent@yahoo.com no later than March 28.

Active duty military stay in touch with technology

By Rebecca Heyl

Special to TriWest Healthcare

Thousands of military men and women send videos to their children, but the latest trend features the parents as the stars of the videos. Children see and hear their parent reading a storybook to them, from thousands of miles away.

It's part of United Through Reading,® an organization that takes the sting out of long-term separations during military deployment while starting young children on the road to a lifelong love of reading.

"She reads along with him," Jan Rice said of her 6-year-old daughter Caroline as she watched videos of her deployed father, a Navy captain.

"Daddy asks questions, makes jokes and sometimes interjects in mid-page," Rice said. "He'll look up and say, 'why, that's just what you do!'" And then Caroline giggles.

The tapes of her father reading Caroline's favorite books were made by UTR on the carrier he commands.

The 143,000 military men and women and their families who have participated are a testament to the importance and growth of the program, according to Betty Mohlenbrock, founder and president of the organization, which was established in 1989 as the Family Literacy Foundation.

"Six to eight months of a child's life represents a significant amount of time to be separated," said Mohlenbrock, an educator who knows the stress of separation first hand.

As the wife of a naval flight

surgeon deployed in Vietnam, she and their 2-year-old daughter coped with the pain of separation.

"United Through Reading helps children feel less anxiety — they don't feel like their parent will be gone forever."

Increasing interest from military commands around the world illustrates the program's importance. They are participating in UTR as one way to take care of their families' emotional and behavioral health.

The program is available on most Navy ships, Naval Mobile Construction Battalions, in many Marine Corps, Army National Guard, Air Force and Coast Guard units, and United States Organization sites, including some in California, Hawaii and Washington state.

Michele Coast's husband, a Marine lieutenant colonel who's been in Iraq four times in the past three years, is also an enthusiastic supporter. According to Coast, the mailings have maintained a vital connection between Dad and their three children.

"He had feared the children would forget him," Coast said. "When he learned they watch the DVDs over and over again, that was just huge for him."

The gift goes a long way toward alleviating the insecurity of a young child when a parent is suddenly absent for an extended period, Mohlenbrock said.

One military member participating in the program from northern Iraq said, "I am now going on my 49th month of deployment and I have a 22-month-old son. Alex, United Through Reading has given me the medium to keep

See UTR, Page 12





Community news briefly

Childcare provider needed

The Installation Chaplain's Office is looking for a childcare provider to cover the Protestant Women of the Chapel meetings every Tuesday from 8:30 a.m. to noon. This is a paid position and providers must be at least 18 years old and CPR qualified (will train). For more information, call 239-3557.

Law enforcement run t-shirts offered

The Fort Riley police are selling long and short sleeve t-shirts to benefit the Kansas Law Enforcement Torch Run. All proceeds will go to the Kansas Special Olympics. Shirts are blue with "Kansas Law Enforcement Torch Run" printed in yellow lettering. Long-sleeve shirts are \$20 (M-XXL) and short-sleeve shirts are \$15 (M-XXL). To donate and receive a shirt, call the Fort Riley Civil Liaison office at 239-2226 or visit Building 221 on Main Post.

If you would like to participate in the Kansas Law Enforcement Torch Run on May 29, call Staff Sgt. Ryan McCarthy at 239-2226 to fill out a runner's waiver. Fort Riley runners will pick up the torch at the Ogden Gate from members of the Riley County Police Department and transfer it to the Junction City police at Grant Gate.

Flower class scheduled in JC

Fort Riley's Outdoor Recreation Center is sponsoring a free one-day workshop for garden and flower growers. "Getting your soil ready for Gardens & Flowers" will be the focus of the workshop from 10 to 11 a.m. March 10 at Rothwell Landscape in Junction City.

Topics covered will include: soil temperature, when to plant, how to prepare the beds, container planting, and vegetable and flower plant beds.

Contact the Outdoor Recreation Center at 239-2363 for additional information or to sign-up for the workshop.

Family time offered at pool

Parents, come enjoy play time with your little one at Mommy & Me Time. Each one-hour session costs \$2 per family. Dad-dies are welcome too. Two child's lifejackets will be provided per parent. No registration required.

Come play with our toys or bring your child's toys. Listen to fun music as you enjoy special time with your little one.

Upcoming dates for Mommy & Me Time at Long Pool are March 10, April 14 and May 19. For more information, call 239-2172.

Legion to host bingo nights

Ogden American Legion Post 207 will host bingo nights at 7 p.m. on Tuesday and Thursday nights beginning April 1.

SAMC offers scholarships

The Sgt. Audie Murphy Club would like to notify local seniors and recent graduates of a \$1000 scholarship that the SAMC will be awarding.

Eligible personnel should see their local high school guidance counselor for a copy of the application packet.

Applicants must be a dependent of a retired or active duty enlisted service member stationed at Fort Riley and be a high school senior, graduate, or GED holder with a GPA of 3.0 or higher.

Packets must be received by the SAMC through the guidance counselors no later than March 31.

For more information, contact your school's guidance counselor.

Workshop slated

Chaplains, Commanders, Senior NCOs, and professionals are invited to attend the 4 Disciplines of Execution.

The workshop is intended to get everyone within the Fort Riley community in agreement on what the few (1-3) most critical things are that must be accomplished.

The one-day workshop will be held March 8 from 9 a.m. to 5 p.m. at Riley's Conference Center.

Interested individuals can contact the Family Advocacy Program at 239-9435 or site266@riley.army.mil.

Career Expo scheduled on post

A Career Expo will be hosted from 9 a.m. to 5 p.m. April 5 at Riley's Conference Center. More than 90 national, international and local employers will be present at the event which is sponsored by the ACS Employment Readiness Program and the Fort Riley Army Career and Alumni Program (ACAP).

Resumes are not required, but are encouraged. To obtain a list of attending employers, go to www.rileyarmy.mil and under Events click on Fort Riley Career Expo.

For more information, please

visit the Employment Readiness Program located in Building 7264 or call 239-9435. Information can also be obtained at the ACAP Center, Building 210, room 006 or call 239-2278 or 239-2248.

HASFR offers docent training

History lovers are invited to attend Fort Riley's Historical and Archaeological Society docent training at 10:30 a.m. March 3 at the Cavalry Museum. Lunch will be provided to all participants. For reservations and more information, call Marguerite Theissen at 784-4880.

Chess tourney set on post

The Directorate of Morale, Welfare and Recreation and BOSS along with the Kansas State University Chess Club will be hosting a Chess Tournament at the Internet Café, Building 8067 on Custer Hill, at 9 a.m. March 3.

All skill levels are encouraged to participate and each individual is guaranteed at least two games.

Players are asked to bring extra boards and clocks for the tournament if available.

Interested individuals can sign up at ITR through March 1.

For more information, call 239-2271 or 239-5614.

4th annual run set in Abilene

The 4th annual Eisenhower Marathon will be held April 7 in Abilene, Kan. Runners can register online at www.eisenhower-marathon.com or www.marathonguide.com. Registrations can also be mailed by March 1 to DK Co. American Red Cross, 206 N. Broadway, Abilene, KS 67410. For more information on the marathon, call (785) 263-2341. Late registrations with late fees will be accepted after March 1 including the

Interest sought for club

The Red Cross wants to see if there is enough interest from military teens to start a year-round Red Cross Youth Club at Fort Riley's American Red Cross. An informational meeting for teens ages 13 to 17 will be held at 10 a.m. April 7. The meeting will be held in the Relocation Room at the Soldier and Family Support Center, Bldg. 7264 Normandy Dr. Teens will need to enter through the north door and may follow the directional signs. Call the Red Cross office at 239-1887 to sign up.

Head count

continued from page 11

funds than it would get using the Sept. 20 student count.

The law that allows for the second count date expires this year, but the Kansas House of Representatives unanimously passed a bill extending it for two more years. Local representatives Barbara Craft, R-Junction City, and Vern Swanson, R-Clay Center, sponsored the bill. It has been sent to the Senate Education Committee.

Even though the military student increase is about 60 more students than the district original-

ly planned for, it won't significantly impact the district's budget. The district intentionally overestimates its enrollment numbers each year when building the budget. This way, there's enough spending authority should the student enrollment numbers be higher than anticipated. If enrollment is lower than anticipated, the district is only allowed to spend money based on those numbers, district officials explained.

"We might republish some of the smaller budgets, like the at-risk funding, things like that,"

said Larry Schmidt, director of the district's business operations, "but as far as the general fund goes, we won't republish that."

Enrollment increased significantly at schools on post. Students on Fort Riley accounted for about 75 percent of the increase, Schmidt said.

All the enrollment numbers are estimates, Schmidt cautioned. The district's figures won't be finalized until given the OK by a state auditor, who typically comes in late March or early April, he said.

Luncheon

continued from page 11

show we do indeed serve a higher good."

Before Ham acknowledged the Chief of Chaplains, he recognized the other chaplains who serve in the military.

"Chaplains are the ones Soldiers and family can look up to in time of need," he said.

Hicks kicked his speech off by saying God has blessed America greatly and the nation is winning the Global War on Terrorism. He also told those gathered how he became an Army chaplain and how it changed his life.

The majority of Hicks' speech highlighted how God gives Sol-

diers the ability to overcome obstacles in their lives and go beyond what is expected.

"I've watched Soldiers do what they do so well," Hicks said. "It takes a special person with a relationship with God to go beyond normal expectations."

Hicks has served as the Chief of Chaplains since August 2003.

Before performing for the audience, Phil and Pam Morgan shared their story through an "Oprah" clip on which they appeared.

The video showed the story of a car accident that left Pam paralyzed from the chest down after a

June 2000 concert.

After a year of rehabilitation, Pam was able to walk again. The couple praised God for their miracle and hope their story helps others put their trust in God.

"When tragedy struck our family, God was the only one who got us through," Pam said.

Pfc. Andrea Merritt, who attended the luncheon, said the event was encouraging.

"It was good to hear what everyone had to say," Merritt said. "Events like these are always heartwarming."

UTR

continued from page 11

my images, my voice in front of my son on a daily basis. He is now saying 'daddy' to me on the phone when I call, he knows what I look like and I built a bridge between me and my pride and joy."

There are two ways to access United Through Reading. Military commands can contact the organization to set it up especially for their units. Servicemembers also can visit select USO sites which offer the program. For more information on United

Through Reading, visit www.read2kids.org or e-mail utr@read2kids.org. To find out more about USO sites offering the service, visit www.uso.org and click on "What We Do," and then "Special Programs."

HOUSE FILL AD

NEW LINE CINEMA
3 x 10.5"
Black Only
740945 The Number 23

GEARY COMMUNITY HOSPITAL
3 x 7"
Black Only
3x07_surgery_1/14_9143_1k



Smoky Hill

continued from page 11

Convention Center. "The agreement announced today is the result of the tireless work and collaboration between the city, state and business leaders," Barnes said. "This development will add an exclamation point to the already incredible growth we are seeing in this region and will be a unique blend of shopping, sports and entertainment and community activities for residents throughout the area."

Good track record

Christie has had a "good track record" of doing developments for Junction City, said Mayor Terry Heldstab, to include Goody's Plaza and The Bluffs apartments.

"I've been doing this for over 30 years and I've made the decision to go to communities I've been embraced by, and I've never been embraced like I have been

embraced by city and the county on these projects," Christie said. The development is expected to bring 500 news jobs to the area and more than \$200 million in investments.

About \$100 million in retail sales is expected to be generated annually from this development.

Ground breaking in July

The first phase of the project, which is expected to break ground in July, will include most of the features and 400,000 square feet of retail development.

Up to 600,000 square feet in retail shops is expected to be built over the next five years, including major big box retailers, an eight- or 10-screen movie theater, a large discount retailer, a large outdoors sporting goods store, an office supply store, a pet store, a book store, an electronics store, a furniture store, a home improvement

and garden store, multiple hotels and restaurants and an indoor water park. In addition there will be 17 outparcels for restaurants and hotels as part of the development.

No stores named yet

Christie could not name stores that will be part of the development because not all of them have committed, but he confirmed one major discount retailer has signed a letter of intent and Dickinson Theaters and several restaurants are committed to the site. He added that Home Depot had visited the site.

Christie has developed sites for Home Depot, Target and Kohl's on other development projects, including one in Belton, Mo.

"I cannot out perform the market," Christie said of how he has attracted retailers to the site. "All I can do is paint the picture and

show retailers what might be here if they invest in this community."

Arena, soccer complex

The development also will include more than a dozen soccer fields as well as a 4,500-seat, 85,000-square-foot arena for tournaments and other events.

"The soccer complex will be a tremendous facility, drawing regional soccer tournaments from surrounding areas," Christie said. Edmund, Okla., is converting commercial space to soccer fields because the city is losing money since it does not have enough soccer fields for youth soccer, he added.

Junction City is currently in negotiations with a minor league hockey team as a tenant of the arena, which will be built and owned by the city of Junction City. The area will be versatile

enough to handle other kinds of events to include concerts and wrestling. Arenas built in similar sized communities in Nebraska have events booked 150 to 200 nights a year, Christie said.

Military museum

A military heritage museum in front of the arena, three bronze statues and the post of the Veterans of Foreign Wars will also be a prominent part of the development.

The museum will house military history and memorabilia related to Fort Riley and other Kansas Army installations. The three statues will be of three generals who have been stationed at Fort Riley — Custer, Patton and Eisenhower.

Indoor water park

Roaring River, a \$26-million indoor water park with a hotel and theme restaurant similar to the Great Wolf Lodge of Kansas City, Kan., will be located on 20 acres adjacent to the arena and next to the retail power center.

Unlike other developments in larger communities like Overland Park, Christie said, Junction City is a place where he can bring something not already being offered and greatly improve the quality of life.

"We picture this as someplace you bring your children," Christie said. "We envision this as someplace people will want to come here and spend a couple of days and not want to leave."

This article was first printed in the Jan. 24 issue of the Junction City, Kan., Daily Union.

Home wanted



Buddy

This is Buddy. Buddy is a one year old Husky-mix who was abandoned by his owners. He is a little shy but very friendly and in need of a new home. He seems to be housebroken and would be best suited for a family with older children.

Fort Riley Stray Facility
Building 226 Custer Ave.,
Main Post
Hours: 7:30 a.m. to 3:30
p.m.,
Monday through Friday
Phone: 239-3886

US CELLULAR
4 x 16"
Black Only
full color

HOUSE FILL AD

SUNNY'S ALTERATION SHOP
2 x 3"
Black Only
2x3@sunny's Alteration02/25

BIG BROTHERS/BIG SISTERS- JC
2 x 3"
Black Only
BOWL FOR KIDS SAKE

TAE KWAN DO
2 x 4"
Black Only
2x4TaeKwondo02/01 t.f



Fort Riley Sports & Recreation

Page 14

Home of the Big Red One

Thursday, March 1, 2007

Sports news in brief

Helpers sought for tournament

Volunteers are wanted to assist with the ESPN/Bassmaster Bass Club World Championship Regional Tournament. Ten people are wanted April 12 to help set up for the tournament. Another 10 volunteers are wanted to help tear down April 14. In addition, a singer is wanted to help kick off the opening ceremony. The tournament runs April 13-14. Interested persons should contact the Junction City/Geary County Convention Visitors Bureau at 238-2885 for more information.

Registration open for spring camps

Junior Golf courses will be instructed at the Fort Riley Golf Course and will begin May 15. Lessons cost \$60 and will be divided into the following categories.
• 5:15-6 p.m., Tuesday - 6 to 10 year olds
• 5:15-6 p.m., Thursday - 11 to 18 year olds
Sessions run from May 15 to June 21, July 10 to August 16 and August 28 to October 4.

Gymnastics Summer Camp classes will be taught at Child & Youth Services, Building 6620 beginning in June.

Lessons cost \$45 for 3 to 6 year olds and \$55 for 7 to 15 year olds.

Sessions run from June 11 to 15, June 25 to 29, July 9 to 13 and July 23 to 27.

Participants must be registered with CYS to enroll in classes. Sports physicals are required to participate in gymnastics. For more information, call 239-4723.

Golf for free

Golf for free and enter to win fantastic prizes during the Custer Hill Golf Course open house from 1 to 5 p.m. March 31. The event will feature a long drive contest, putting contest and a grand prize drawing for a free 2007 membership.

For more information, call 784-6000.

Novices, health buffs run Kansas

By Spc. Stephen Baack
1st Inf. Div. PAO

The Kansas landscape has been known to crush many a driver's spirit, but would you believe there are those who would dare walk, run or bike all 415 miles?

One hundred and twelve people signed up from all over Fort Riley for the "Run Across

Kansas" fitness challenge that has racked up thousands of combined exercise-machine miles since its Jan. 3 start.

Participants can use any combination of treadmills, stationary bicycles or elliptical machines to rack up miles on their "journey" across Kansas before the program's March 31 end.

Reinitiated by Megan John, fit-

ness coordinator at the post's King Field House, the program is designed to motivate people to exercise during the winter months by giving them goals they can relate to.

Tracking success

A map of Kansas, dotted with flags representing the partici-

pants, stands near the front of each gym on post so people can see their progress. This is more a tool for motivation rather than competition, John said.

"It's turned into almost a competition with a lot of people," John said. "They're competing against each other, and I never meant it to be that way. If that motivates them to finish, then

that's great. I just wanted it to be 'you're racing against yourself,' and you can incorporate all different types of exercise whether you're walking, running or biking because that's going to promote balancing out those muscles."

Though the program ends March 31, there are those who

See Run, Page 16

Reeling



Army reservist Maj. Jan McCall (left) and Lt. Col. Peggy Ohms pose with marlin they caught on a January fishing trip off the coast of Mazatlan, Mexico. McCall's blue marlin was 8 feet long and weighed in at 130 pounds while Ohms' striped marlin was 7 feet long and 100 pounds.

Courtesy photo.

Fishing trip ends with big marlin catch

By Mike Heronemus
The Daily Union

Physical exertion is a daily routine for one U.S. Army reservist stationed at Fort Riley, but that daily exercise seldom brings an ear-to-ear smile to her face. Just 35 minutes of a January trip to Mazatlan, Mexico, did.

After the physically grueling session, Lt. Col. Margaret "Peggy" Ohms realized her hands had two blisters and the inside of her thigh was badly bruised.

She also had her first striped marlin — a

7-foot, 100-pound trophy that will be mounted only in the wonderful memory she shares with a reservist friend, Maj. Jan McCall, who made the trip with her.

McCall landed a blue marlin. "She got the trophy for largest fish," Ohms said. McCall's marlin was 8 feet long and weighed 130 pounds. "I claimed the trophy for most fish caught, though. My marlin had two sucker fish attached to it," Ohms laughed.

Their fishing trip aboard the Lolita lasted 8 1/2 hours. McCall's marlin took the bait about an hour after they put their lines in the water. It took her about 40 minutes

to land the big blue.

Nothing happened the rest of the day and Ohms thought she would go home empty handed. Her marlin struck about five minutes after they turned and headed back to port.

Ohms sat in her seat and did just what the boatman told her to do. She pulled when he said, "pull," and reeled when he said, "reel."

"That was about the only English he knew," Ohms recalled.

Catching the marlin was an endurance

See Marlin, Page 16

Massage service offered at gym

Military spouse helps Soldiers, civilians relax

By Spc. Stephen Baack
1st Inf. Div. PAO

Soldiers sometimes need a break after a week in the field or a tough ruck march, but for some a simple break may not be enough.

That's where Jilli Gomez comes in. She has been a massage therapist for seven years and has been sharing her skills at King Field House on post since September.

"Saving the world is hard on the body," said Gomez, who has been an Army wife for 18 years. "There is a lot of lower back stuff going on from wearing body armor. Soldiers who jump out of airplanes generally have issues with their knees."

Gomez offers a range of massage treatment, from simple relaxation massage to sports massage, pain management and rehabilitative massage therapy. She also offers trigger point massage, which is the targeting of knots in muscles that produce pain.

She said though most of her clients are perfectly comfortable with receiving massages, some people avoid massage therapy because of commonly held misconceptions.

"A lot of people think massage just hurts because they probably went to someone who was strictly deep tissue, or, they just think it's

See Massage, Page 16

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2ndHosp/2/2.4113.1k

manhattan shoe
1 x 2"
Black Only

COLLEGE HEIGHTS BAPTIST
2 x 2"
Black Only
2x2CollegeHts1/1/10 t f

FIRST SOUTHERN BAPTIST
2 x 2"
Black Only
2x2FirstSouthern02/16 t f

ADVANCE CHECKING
2 x 2"
Black Only
2x2AdvanceCheck02/18 loans

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2x2Candlewood Health11/1/10 t f

RANDY DAVIS DENTISTRY
2 x 2"
Black Only
2x2 Randy Davis

KPA
2 x 2"
Black Only
old movie posters wanted pass

MARKET PLACE
2 x 2"
Black Only
2x2Market.1/5.3845.1k

AMERICAN FAMILY INSURANCE
2 x 2"
Black Only
2x2AmFamily01/12





CLASSIFIEDS





Run continued from page 14

have already finished - and at least one who has not used the stationary bicycle once. In fact, this Soldier was the first to finish the 415 miles and has not stopped.

"I was just doing it to stay in shape," said Pfc. Codi Walker, power-train mechanic from the 1st Infantry Division's 1st Battalion, 1st Aviation Regiment, Company D of the Combat Aviation Brigade. "It didn't really matter who won and who didn't."

Improving scores

Walker, who said he frequently participates in fitness events and regularly runs marathons, did not fare so well when he first entered the Army. During his first Army physical fitness test in Basic Combat Training, he failed not only the two-mile run portion, but also the push-up and sit-up events.

By the end of Basic, however, he had trained hard enough to max his APFT score. As of his August APFT, Walker's score was at 366. Since his participation in

Run Across Kansas, his two-mile run time has dropped nearly a minute from 12:45 to 11:50. Walker's goal is to attain the Army's top APFT score, which he said is at 413.

"Usually I go in there and knock out sets of 100 push-ups, three or four times at the gym," Walker said. "Then I do abs until I can't stand much anymore."

Participating in Run Across Kansas, though, is not just for him, Walker maintains.

"I just go in there and try to get as many people as I can to come in there with me just to help everybody," Walker said. "I like to motivate people to get in there and improve their PT scores because mine's already high."

Although Walker's progress may be intimidating to some, John said the point is to get people to exercise more even if they are not able to make the whole trek across Kansas.

Running across the U.S.

"It's brought in a lot of partici-

pation," John said. "I am happy about that. Even though I've had people say their mileage wasn't added up right, it's kind of tough because we're short-staffed and so we don't have a lot of time to do that. But that means they're into it and that means it's successful, that they're excited about it and they want to finish. Even the complaints are a good sign that people are excited to do it."

For people like Walker who do finish the excursion, John is offering a Run Across Kansas t-shirt - which John said is really not much of an incentive to complete the trip compared to the fitness benefit.

"I think it's a great program to run during the winter months," John said. "I would definitely like to run it again. We could even do something on a bigger scale maybe next year if we started earlier when it started to get cold - keeping track and maybe even running across the U.S."

Marlin continued from page 14

test between her and the fish, she said. "He was really way out there. It was exciting, but I was wondering how big it was and hoping he would jump so I could see what I was working with."

The marlin jumped twice during their battle and didn't dive deep until Ohms got it close to the boat. It just kept going down and down and the line kept going out, she said.

That reminded her of an earlier time off the coast of Panama when a fellow Soldier lost the marlin he was fighting.

"He fought it for an hour and

45 minutes. The line was frayed and eventually broke. He lost it. The boat hands estimated it weighed about 650 pounds based on what they saw when it jumped," she said.

Her prayers were answered and Ohms managed to land the biggest fish she's ever caught.

Later, she and 12 other people in her party ate three 1-by 3-inch pieces each of the marlin - one piece fixed with garlic, one blackened and one deep fried.

The rest of the marlin was donated to a local orphanage, she said. It all tasted great, she said.

One woman in the party said she never eats fish, but she liked it and ate every piece, Ohms said.

The meal capped a memorable experience, Ohms said, and she would welcome the chance to land another one, in spite of the blisters and bruises she would probably suffer afterward.

Until then, the only endurance battle she'll fight will be her daily exercise routine at Fort Riley.

This story first appeared in the Feb. 20 issue of the Junction City, Kan., Daily Union.

What's happening in your unit?
The Post wants to publicize interesting and informative articles about all organizations stationed at Fort Riley.
Call the editor at 239-8854. Let's talk.

Massage continued from page 14

a glorified back rub. For most of the people I work on, it's somewhere in the middle."

Gomez said every once in while someone reports a "down-right uncomfortable" moment, but for the most part massage should not be painful. She said people who have had painful massages are not seeing the right therapists or they just don't communicate properly with the person working on them.

"That's another incredibly important thing," Gomez said. "You kind of get what you ask for. Sometimes you'll finish and you'll ask, 'how was that,' and the person will say, 'That wasn't the right leg.' The big thing is, tell them what you need. Tell them where it hurts."

Gomez also stressed that the sole culprit in soreness is not always the strenuous muscle work Soldiers often have to endure.

"A lot of people don't know that drinking water is of the utmost importance because you work all kinds of crud out of the muscles," Gomez said. "If you don't drink a lot of water afterwards, you'll wake up sore and miserable the next day."

While some of her clients are regulars, others have been referred by physicians because of injuries or chronic pain.

"There was a guy who had been run over by a tank in the first gulf war," Gomez said. "His health history was about five pages long. He had broken bones and didn't even bother to tell me he was terminally ill. He had had migraines for 10 years, and he wasn't able to sleep at night. He was waking up about every 20 minutes and it would take hours for him to fall back asleep. He was getting maybe less than two hours of sleep a night, and he had for almost 10 years."

Gomez said after treating him, he called her at her home at around 7 a.m. to thank her for making it possible for him to get six hours of sleep the night before.

Since she started massage on post, Gomez said she has helped

people with chronic pain - people who have been referred to her by physicians, people who were on the road to being medically chapered if nothing changed and people who did not think there was anything that could be done for them.

"What people should realize is I'm not alternative medicine," Gomez said. "I'm complementary. I'm not trying to be anybody's doctor. My goal is to work with whomever they're seeing to help them achieve optimum wellness."

To Gomez, it's important that everyone - Soldiers and civilians - feel comfortable in her office and that they dress down to their comfort levels.

"They're going to be under a sheet and a blanket," she said. "I uncover the part that I'm working on at that moment, so it's very modest."

The ratio of Soldiers to civilians is different almost every day, Gomez said, but her philosophy is to treat everyone the same.

"Some days it's all Joes; some days it's all family members; some days it's a mix of everyone," but regardless of the day, it's truly a blessing because every day I get to work on heroes. If you can look at every client that way, then they're going to get a good massage because they know they're important."

For more information on rates or to schedule a massage, call Jill Gomez at (785)-410-5955.

HOUSE FILL AD

BIG ZEKE PRODUCTIONS
1 x 6"
Black Only
1x6BigZeke02/25concert

GOODYS
1 x 1"
Black Only
PREPRINT Spring sale

FOOD4LESS
1 x 1"
Black Only
PREPRINT

LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 3"
Black Only
1xLighthouseFellowship1/03 t f





CLASSIFIEDS



Travel & Fun in Kansas

Page 18

Home of the Big Red One

Thursday, March 1, 2007

Leisure time ideas

ITR helps plan get-aways

The Information, Ticketing and Registration office in Building 6918 at Fort Riley has lots of travel information, and the staff can help set up brief trips and longer vacations.

Here's a sampling of what ITR has to offer.

Rolling Hills Zoo - Located amidst the rolling hills of western Saline County, this section of Kansas prairie has been transformed into a beautifully landscaped zoological park. More than 85 species of animals are on exhibit. Discount tickets are now available through ITR.

Silver Dollar City - Childhood dreams come to life at Silver Dollar City with adventures beyond your wildest imagination. Buy your adult ticket and get a child's ticket free. Let ITR put together a weekend get-away to Branson, Mo. Numerous discounted show tickets and hotel accommodations.

Junction City:

What: Irish Ceili - Irish Dancers from Lincoln, Neb. Will give a program of Irish dance before dinner which will consist of garden salad, corned beef, cabbage, vegetable medley, roasted baby potatoes, corn bread, coffee, and tea. A cash bar will be available. Music by Rowan after dinner for the community dance.

When: 6 p.m. March 16
Where: Courtyard by Marriott Convention Center
Cost: \$25 for dinner and music, \$10 for music only

...

What: Patricia Lacy-Aiken Gospel Ensemble

When: 3 and 7:30 p.m. April 7

Where: Courtyard by Marriott Convention Center

Tickets: \$21 general seating or \$26 reserved seating
Phone: (785) 213-3297

Manhattan:

What: Leahy. A combination of Celtic, folk, country, classical and pop music performed by eight brothers and sisters.

When: 7:30 p.m. March 4

Where: McCain Auditorium, Kansas State University

Tickets: Public \$21-\$25, students and children \$10.50 to \$12.50, military, seniors and faculty \$19 to \$23.

Phone: (785) 532-6428

Web site: www.ksu.edu/mccain

...

What: National Philharmonic of Russia

When: 7:30 p.m. March 10

Where: McCain Auditorium, Kansas State University

Tickets: Public \$40, students and children \$20, military, seniors and faculty \$38.

Phone: (785) 532-6428

Web site: www.ksu.edu/mccain

...

What: Steven Osborne, pianist

When: 7:30 p.m. March 15

Where: McCain Auditorium, Kansas State University

Tickets: Public \$20, students and children \$10, military, seniors and faculty \$18.

Phone: (785) 532-6428

Web site: www.ksu.edu/mccain

...

What: "Much Ado about Nothing." Shakespearean play.

When: April 19-21 and 25-28

Where: Nichols Theatre, Kansas State University

Tickets: \$8 to \$15

Phone: (785) 532-6428

Web site: www.ksu.edu/scid

Band to perform free spring tour

Fort Riley PAO

The Army's 1st Infantry Division Band will perform a series of concerts March 18-23 in Lincoln and Omaha, Neb., Des Moines, Iowa, Kansas City, Mo., and Lawrence, Kan. The concerts are free and open to the public.

Events will feature the concert band, the premier ensemble of the 1st Inf. Div. Band. Musical selections come from all genres of music from classical to popular.

Featured soloists will be Sgt. Michael Moore, trombone, performing Arthur Pryor's "Thoughts of Love," Spc. Benjamin Hoshko, saxophone, performing the solo from the "Catch Me If You Can" soundtrack and patriotic vocals featuring Staff Sgt. Renata Draper. The band will also perform traditional concert selections and marches.

marches.

"Our purpose for the tour is two-fold," said Chief Warrant Officer Scott MacDonald, band commander. "First, we are recruiting for the band field and for the Army as a whole. Second, we are taking the message of the Army to the public through our evening concerts."

"The band is very excited to take its first major tour since arriving back to Kansas, and we hope to take more tours in the future," he said.

Before heading out on their spring tour, the band will perform a free concert at 7 p.m. March 16 at Chapman High School in Chapman, Kan.

For more information about the band's spring tour, contact April Blackmon at 239-2022 or april.blackmon@riley.army.mil.

Tour schedule

Lincoln, Neb. - 7 p.m., March 18
2229 J St., Lincoln High School Auditorium

Omaha, Neb. - 7 p.m., March 19
12200 Burke Blvd., Burke High School

Des Moines, Iowa - 8 p.m., March 20
501 Holcomb Ave, North High School Auditorium

Kansas City, Mo. - 8 p.m., March 21
1029 Central St., Lyric Theater

Kansas City, Mo. - 7 p.m., March 22
7701 NW Barry Rd., Park Hill High School

Lawrence, Kan. - 7 p.m., March 23
644 Massachusetts St, Liberty Hall

Gospel tour comes to JC

Special to the Post

Big Zeke Productions is gearing up for its third concert at the Marriott Convention Center in Junction City, Kan. Performances are planned for 3 and 7:30 p.m. April 7.

A percentage of the concert's proceeds will be donated to the Open Door homeless shelter in Junction City, although the concert is not a fundraiser for that facility.

The Open Door provides meals, clothing and temporary shelter to the homeless and transients in the Junction City area, including Clay, Dickinson, Morris and Riley counties.

The featured vocalist will be Patricia Lacy-Aiken from Minneapolis, Minn.. She will be accompanied by her gospel ensemble of three backup singers and a four-member band.

Nicholas Crane of Kansas City, Mo., will open the performances. Cranes was the musical director for Kansas University's Inspirational Gospel Voices from 1998 to 2000. He has served at Urban Multicultural Church in Kansas City, Mo., for the past six years.

For advance tickets, call (785) 213-3297. General seating costs \$21 and reserved seating costs \$26.

Tickets must be picked up and purchased in advance at the Marriott Convention Center from noon to 4 p.m. March 2, 3 or 5.

GEARY COMMUNITY HOSPITAL
3 x 15"
Black Only
3x15_gch DOC DIRECTOR Y

HOUSE
FILL AD

HOUSE
FILL AD

COPELAND INSURANCE
1 x 3"
Black Only
1x3 Copeland Ins Chad

KPA
2 x 2"
Black Only
AT&S HOLDINGS

STANDARD PLUMBING
2 x 5"
Black Only
2x5StandardPlumbing01/07cf

CINEMA 12/MANHATTAN, KS
1 x 4.5"
Black Only
1x4.5Carmike03/01new

